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### **Cervical/Lumbar disc disease**

Cervical disc disease may present as pain in your neck or shoulder, or tingling, numbness and weakness in your arms.

Lumbar disc disease may present as pain in the back, legs, hips or tingling, numbness and weakness to your legs.

There are many causes of neck and back pain such as disc degeneration, narrowing of the spinal canal, arthritis, and, in rare cases, cancer or meningitis.

Age, injury, poor posture, and diseases such as arthritis can lead to degeneration of the bones or joints of the spine, leading to herniation of the disc or bone spurs to form. Sudden severe injury to the neck/back may also contribute to disc herniation. Herniated discs or bone spurs may cause a narrowing of the spinal canal or the small openings through which spinal nerve roots exit.

Pressure on the spinal cord in the cervical region can be a very serious problem because virtually all of the nerves to the rest of the body have to pass through the neck to reach their final destination (arms, chest, abdomen, legs).